

NATURALLY GLUTEN-FREE FOODS

Adapted from: <https://celiac.org/live-gluten-free/glutenfreediet/food-options/>

<u>Fresh Produce</u>	<u>Fresh Dairy</u>	<u>Fresh Meats and Fish</u>	<u>Grains</u>	<u>Gluten-Free Flours</u>	<u>Snacks</u>	<u>Beverages</u>
Apples	Cheese	Beef	Amaranth	Almond	Raw almonds	Almond milk
Asparagus	Cottage Cheese	Chicken	Buckwheat	Arrowroot	Applesauce	Coconut milk
Avocados	Cream	Eggs	Corn	Brown rice	Bean chips	Coffee
Bananas	Milk	Fish	Kasha	Buckwheat	Canned fruit	Goat milk
Berries	Sour Cream	Lamb	Legumes	Cassava	Raw cashews	Fruit Juice
Cabbage	Yogurt	Pork	Polenta	Chickpeas	Chocolate	Milk
Carrots		Shellfish	Quinoa	Coconut	Corn chips	Rice milk
Cherries	*Always check your ingredients because some companies have additives.	Turkey	Rice	Corn	Dried fruit	Seltzer
Citrus Fruits	Make sure no additional additives have been added.		Rice pilaf	Flaxseed	Raw hazelnuts	Soda
Grapes		*Make sure fresh meats and not seasonings or sauces added.	Risotto	Millet	Raw peanuts	Soy milk
Herbs			Teff	Potato	Raw pecans	Tea
Kale				Rice	Popcorn	Water
Lettuce				Soy	Potato chips	
Mangos			*Always be aware of cross contamination.	Sweet Rice	Raw pumpkin seeds	*Always be aware of additional ingredients added.
Melons				Tapioca	Raw sunflower seeds	
Onions				Teff		
Pears						
Peppers						
Potatoes						
Radishes						
Spinach						
Sprouts						
Squash						
Zucchini						
				*Make sure they are labeled gluten free and have not been manufactured with gluten products.		
					*Be aware of cross contamination and added ingredients	

Produce: The list above does not include all produce. All fresh, unprocessed, and freshly frozen produce are naturally gluten-free.

Dairy: The majority of dairy is naturally gluten-free. Some products contain fillers and additives, which may contain gluten.

Meats and Fish: All meat and fish in its natural state is gluten-free. Some items that have seasonings or injected liquid may contain gluten.

Grains: These grains are considered naturally gluten-free. It is always good to make sure no cross contamination has taken place.

Gluten-Free Flours: These are all great options to use as flour. The majority needs to be combined with one another to get a mix that is similar to wheat flour. There are many different gluten-free all-purpose and bread flour blends available.

Beverages: A large majority of beverages are gluten-free, but certain drink mixes may contain wheat or gluten.

Always read ingredient labels to make sure they are gluten-free and look for additional certifications.

We highly encourage the purchase of organic products, to minimize your exposure to pesticides and genetically modified products.

Please remember that this is only a starter list. There are plenty of gluten-free foods that could be added to this list.

